

## **Monastic Retreat - June 18-25**

### **June 18**

- 1.00- 2.00 Uposotha kamma
- 3.00- 3.30 Registration
- 5.00- 7.00 Welcome and introduction Talk
- 7.15- Meditation
- 9.00 Bedtime

### **June 19**

- 5.00- 6.40 Meditation and Chanting
- 7.00- 8.00 Breakfast
- 8.00- 8.45 Cleaning
- 9.00- 10. 40 Guided Meditation and Dhamma Talk (BG)
- 11.00- 12.00 Chanting and Lunch
- 12.00- 1.00 Cleaning
- 1.00- 2.00 Personal
- 2.00- 3.00 Walking Meditation (BD)
- 3.20- 4.20 Dhamma Talk (BD)
- 4.40- 5.40- Question and Answer (BD)
- 6.00 Meditation and Chanting (BD)
- 9.00 Bedtime

## **June 20**

5.00- 6.40 Meditation and Chanting

7.00- 8.00 Breakfast

8.00- 8.45 Cleaning

9.00- 10. 40 Guided Meditation and Dhamma Talk (BG)

11.00- 12.00 Chanting and Lunch

12.00- 1.00 Cleaning

1.00- 2.00 Personal

2.00- 3.00 Walking Meditation (BD)

3.20- 4.20 Dhamma Talk (BD)

4.40- 5.40- Question and Answer (BD)

6.00 Meditation and Chanting

9.00 Bedtime

## **June 21**

5.00- 6.40 Meditation and Chanting

7.00- 8.00 Breakfast

8.00- 8.45 Cleaning

9.00- 10. 40 Guided Meditation and Dhamma Talk (BG)

11.00- 12.00 Chanting and Lunch

12.00- 1.00 Cleaning

1.00- 2.00 Personal

2.00- 3.00 Walking Meditation (BD)

3.20- 4.20 Dhamma Talk (BD)

4.40- 5.40- Question and Answer (BD)

6.00 Meditation and Chanting

9.00 Bedtime

## **June 22**

5.00- 6.40 Meditation and Chanting

7.00- 8.00 Breakfast

8.00- 8.45 Cleaning

9.00- 10. 40 Guided Meditation and Dhamma Talk (BG)

11.00- 12.00 Chanting and Lunch

12.00- 1.00 Cleaning

1.00- 2.00 Personal

2.00- 3.00 Walking Meditation (BD)

3.20- 4.20 Dhamma Talk (BD)

4.40- 5.40- Question and Answer (BD)

6.00 Meditation and Chanting

9.00 Bedtime

## **June 23**

5.00- 6.40 Meditation and Chanting

7.00- 8.00 Breakfast

8.00- 8.45 Cleaning

9.00- 10. 40 Guided Meditation and Dhamma Talk (BG)

11.00- 12.00 Chanting and Lunch

12.00- 1.00 Cleaning

1.00- 2.00 Personal

2.00- 3.00 Walking Meditation (BD)  
3.20- 4.20 Dhamma Talk (BD)  
4.40- 5.40- Question and Answer (BD)  
6.00 Meditation and Chanting  
9.00 Bedtime

### **June 24**

5.00- 6.40 Meditation and Chanting  
7.00- 8.00 Breakfast  
8.00- 8.45 Cleaning  
9.00- 10. 40 Guided Meditation and Dhamma Talk (BG)  
11.00- 12.00 Chanting and Lunch  
12.00- 1.00 Cleaning  
1.00- 2.00 Personal  
2.00- 3.00 Walking Meditation (BD)  
3.20- 4.20 Dhamma Talk (BD)  
4.40- 5.40- Question and Answer (BD)  
6.00 Meditation and Chanting  
9.00 Bedtime

### **June 25**

5.00- 6.40 Meditation and Chanting  
7.00- 8.00 Breakfast  
8.30- 9.30 Dhamma Talk (BD)  
9.45- 10. 45 Guided Meditation and Dhamma Talk (BG)

11.00- 12.00 Chanting and Lunch

12.00- 1.00 Cleaning

The End